

## Positive Alternatives 2016 - 17 Quarterly Update

Grantee (Name and city): Pregnancy Options LifeCare Center, Faribault

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Goal: To provide positive alternatives to abortion to pregnant and parenting women in Southeastern MN.

For the period/quarter: June 20, 2016 thru September 30, 2016

1<sup>st</sup> Quarter

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide guidance to grant paid staff, attend required grant meetings, hire new grant staff as needed		We continue to enhance training for staff in areas that allow the center to best assist our clients. We have been attending trainings in cultural diversity and the obstacles clients face.	
Outreach	Contact schools, churches, clinics, social service agencies, service clubs and shelters and alert them to our services at Pregnancy Options		We continue to attend opportunities in our community to build a solid network for clients both in resources available and education for other agencies as to our services.	
Case Management Services	Providing incentives for attending monthly prenatal doctor appointments	8-9	We have initiated an incentive program for clients attending prenatal appointments. Clients are rewarded with additional incentives for proof of their last prenatal visit.	21
Medical Services	Provide program eligibility assessment, pregnancy testing and counseling.	8	We continue to offer pregnancy tests and counseling to those who ask. We are set up and ready to provide STI/STD testing.	12

Activity or Service	Activity or Service Description	Work Plan Count	Program Progress and Accomplishments	Report Count
Mentoring Programs – Support Carrying Baby to term	Provide a Life Coach approach to self sufficiency	12	We continue to promote self-sufficiency and confidence in clients becoming the best parent they can be by incorporating life coaching and goal setting in the appointments.	32
Parenting Education	Provide Parenting Education Program	37	We have expanded our curriculum to better assist ESL clients. We continue to offer a variety of parenting topics including car seat safety, safe sleep, and child safety.	123
Pregnancy education and Support of Healthy Behavior	Provide education and services to support healthy pregnancy behavior, increase knowledge of the benefits of early prenatal care, use of folic acid, good nutrition, exercise, smoking cessation, reducing/eliminating alcohol/drug use	8-9	We continue to aid our expecting mothers to give their child the best start by providing information on how to best take care of themselves and fetal development. We offer educational information on healthy eating, hazards, and their changing bodies.	63
Provide Necessary Services to all clients	Provide intake assessment to determine need. Provide women with information on, referral to and assistance with securing pregnancy support services. Utilize resource database to provide information and make referrals	150	We assess upon intake the necessary services each client needs to move them forward in a safe, productive manner. We are in the process of developing a well-established resource file for our client's benefit.	155

Activity or Service	Activity or Service Description	Work Plan Count	Program Progress and Accomplishments	Report Count
Provide Necessary Services Assessments Only	<p>Provide intake assessment to determine need.</p> <p>Provide women with information on, referral to and assistance with securing pregnancy support services.</p> <p>Utilize resource database to provide information and make referrals</p>	2	<p>We continue to assess necessary services with those whom we service. We will continue to assess so as the need arises to refer to partnering agencies.</p>	5
Support to Women to Increase their Ability to Become Self-Sufficient	<p>Provide Parenting Education Program</p>	25	<p>We continue to assist our clients with life affirming skills to better equip them with everyday needs within their homes and make them more confident parents.</p>	113

<b>Maternal and Child Health Initiative Task Force Strategies</b>	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	1
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	8
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	7
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	4
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	7
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	7

**Challenges:**

*We continue to work on expanding our community's knowledge of what we offer and how we can best assist our young parents and parents to be in becoming an equipped parent. We have had some difficulties with medical insurance and pregnant clients not able to receive the care they need. We have collaborated with our Medical Director and HealthFinders in assuring clients receive some prenatal care.*

**Comments:**

*During the next quarter we will begin our evaluation.*

# Demographic Reporting Form

Positive Alternatives

## Individual - Quarterly Totals

Dates: 6/20/16—9/30/16      Grantee Name: Pregnancy Options LifeCare Center

### 1. Client Age Range:

Under 15	15-17	18-19	20-24	25-29	30-34	35+	Unknown
0	0	4	15	16	13	6	

### 2. Client Pregnancy Status:

1st	2nd	3rd	Post-	Pregnancy	Post-	Trimester	Trimester	1st
Other	Other	Other	Other	Other	Other	Other	Other	Other

### 3. Client Marital Status:

Married	Not	Marital	Unknown
29	25		

### 4. Client Race:

Race	Race	Race	Race	Race	Race	Race	Race	29
White	African- American	African- American	Asian	Indican	Pacific	Race	Race:	0

### 5. Client Ethnicity:

Hispanic	19							
Yes	35							

### 6. Client Type:

Mother	Father	Grandparent	Other	0	0	54